

*Established:
Summer 2000*

AYR

**Amesbury Youth Recreation
(978) 388-8137**

Registration begins
March 7, 2016

Summer 2016

Program Catalog

**There's so much
to explore!**



NEW!

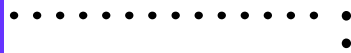
New this summer:

- Brand new programs starting at age 2 like Micro Athletics & Gymnastics!
- Preschool Music and Movement & Drumming & Ukulele
- Tadpole program for pre-k in the park
- 2 week Shooting STAR theatre program
- **BUBBLE SOCCER**, Dodge ball, Flag football, Wiffleball...
- **NEW** teen field trips!
- Chemical Magic, Rocks and Minerals, Bridge Building, Model Airplanes...
- Sewing, Chef's Club, Dance...
- Wicked Cool Med School
- New Seacoast United Admirals Soccer and Field Hockey programs
- Longer Days at Camp Kent — Now 9am-3pm!

**Bring on the
SUMMER**

PLUS: Plum Island Kayak Rentals on Lake Gardner Beach!

Contact us with Questions!
kathleen@amesburyma.gov
spiriton@amesburyma.gov



A Y R
Amesbury Youth Recreation
(978) 388-8137

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Check out our new layout!

This new catalog is designed for you to browse and circle your interests.

Programs are grouped by category and no two sections are alike! Grab a highlighter, marker, or pen and circle up all of the programs you want to be a part of this summer. Once you've picked your favorites, fill out the registration form on perforated page 18 of this book and mail it or bring it in to our office at

Amesbury Youth Recreation
68 Elm St. Amesbury MA.
2nd Floor

Remember to **register early** to save your spot.

Programs fill up fast!

***All New programs are marked with a NEW!**
button just like the one at the top corner of this box!

Spend your summer in Amesbury!

Choose from activities around the city including parks programs, music, sports and games, science, programs on the water, Camp Kent Nature Center, and so much more!

We strive to help you make each summer a season to remember. With so many programs, there is something for every child to enjoy! Sign up FAST to guarantee a spot for your child. We're excited to spend another summer with you!

Here's a sneak peek at what's inside:

Sailing . Camp Kent Nature Program
 Archery . Theatre for 3 age groups!
 Bubble Soccer . Fencing . Bridge Building
 Swimming . Ninjago with LEGOs . Music Programs
 Horseback Riding . Teen Trips

Take a Look!

Preschool Programs

Tadpole Park Program

This program offers a great opportunity to introduce your **4 or 5 year old** to fun group activities in an easy-going, outdoor atmosphere. The program will consist of outdoor arts and crafts, splash pad fun, story time, sports, playground games, guest entertainers, skill building, walking field trips, singing, and more!

Details

Time: 9am-12 pm Monday-Friday

Location: Town Park Shade and Table area (separate from Youth Park Program)

Rain location* — Cashman Elementary Café *Call first!

Sessions:

Rate:

Week 1 — July 5-8 (T-F) \$75

Week 2 — July 11-15 \$90

Week 3 — July 18-22 \$90

Week 4 — July 25-29 \$90

****For ages 4 & 5. Maximum 30 participants**



More Preschool Programs * SOME STARTING AT AGE 2!

For ages 6 and under. Check out these opportunities for a shorter day of fun that your preschooler will love! Full descriptions available on program pages.

Program

Date

Time

Location

*Micro Athletics (age 2-3) p15 —

July 5-8

9am-9:45

AES Gym

Micro Athletics (age 4-6) p15 —

July 5-8

10am-11

AES Gym

*Gymnastics (age 2-3) p15 —

July 25-28

9am-9:45

AES Gym

Gymnastics (age 4-6) p15 —

July 25-28

10am-11

AES Gym

*Micro T-Ball (age 2-3) p15 —

July 11-14

9am-9:45

Town Park

T-Ball (age 4-6) p15 —

July 11-14

10am-11

Town Park

Drumming w ZFDS (age 3-5) below —

June 27-July 1

11am-11:30

CES Little Theatre

Keys for Kids Piano (age 4-5) p6 —

Aug 15-19

4-5p

Senior Center Great Room

Keys for Kids Piano (age 6-8) p6 —

Aug 15-19

5-6p

Senior Center Great Room

Soccer (age 3-4) p17 —

Aug 1-4

11am-11:45

Amesbury Sports Park

Sports Squirts (age 3-6) p14 —

Aug 15-19

2-3p

Woodsom Farm

Martial Arts (age 4-6) p15 —

July 25-29

9am-10

CES Gym

Swimming (age 4+) p8 —

July 12-21

see p8

Lake Gardner

Preschool Music and Movement p6 —

July 18-22

9am-11

AES Café



Drumming with Zach Field Drum Studio:

Ages- 3-5

Equipment provided.

Kids will play hand drums, shakers, woodblocks and maracas. They will get to work on playing as a group, individually (if they would like), try some call and response and learn some very basic rhythm reading. The main thing is that they have fun! This class is great for teaching the students about rhythm, how to follow directions/listening, working with others, and just enjoying music.

www.zachfielddrumstudios.com

Date

Time

Location

June 27-July 1 11am-11:30

CES Little Theatre

Instructor: Paul Dumas

Rate: \$80

***Minimum 5, Maximum 10 participants**

Youth Park Program



The Park Program runs for 7 one week sessions.

Field trips are extended to 3:00pm

We offer **EXTENDED FULL DAY**
8am-5pm Monday-Friday
 \$200 / 1wk \$1,400 / 7 wks

Pollywogs and Frogs

Activities at the YPP include playground games, arts and crafts, sports, theme days, nature walks, group games, team building activities, talent shows, entertainment from local guests, and more! Children are grouped by age so games and activities are age appropriate. Pollywogs are 6-8, Frogs are 9-11. Every Wednesday the Frogs will enjoy swimming at Lake Gardner! Thursday is field trip day from 9am-3pm to fun places like Aquaboggin, Franklin Park Zoo, Altitude Trampoline Park, Pawtuckaway, Castle Island, Pump it Up, and Odiorne Point! Friday is guest entertainer day, so get excited for animal shows, magic, music, and other surprises! **Sign up for extended days to cool off in the Splash**

Pad Spray Park*! *Extended day only.

Details

Time: 9am-2pm MTW & F
 9am-3pm Thurs. Field Trips
Location: Town Park next to Softball Field
 Rain location* — AMS Gym
 (use rear entrance off Rt 110)
 *Call first 978-479-1480

Sessions:	Rate:
Week 1 — July 5-8 (T-F)	\$115
Week 2 — July 11-15	\$140
Week 3 — July 18-22	\$140
Week 4 — July 25-29	\$140
Week 5 — Aug 1-5	\$140
Week 6 — Aug 8-12	\$140
Week 7 — Aug 15-19	\$140

***For ages 6-11. Must be 6 years old by 9/1/16**



AYR Park Programs are a great place to learn, play, and build friendships every summer.

Register by mailing in page 18 of this catalog!



Arts, Music, and Theatre

Summer Theatre Arts Recreation—STAR Program

Shine like a STAR this summer! During this 2 week program aspiring actors and actresses entering grades 5-9 will display their talents and rehearse to perform a theatrical production on the final day of the session. Your curtain call awaits! *No experience necessary* Monday - Thursday.

Date July 25-28 & August 1-4 **Time** 10am-3 **Location** AMS Performing Arts

Instructor: Mary Ellen Shirshac

Rate: \$220

****Maximum 20 participants**

Preschool Music and Movement Monday - Friday

Join us for a week of music, movement, and fun as we play games and sing songs that get us up and moving! Play circle games with your friends introducing the world of musical theatre and movement to preschoolers ages 3-5.

Date July 18-22 **Time** 9am-11 **Location** AES Café

Instructor: Chris Milner

Rate: \$100

****Max 12 participants**

2 WEEK Program—Shooting Stars Theatre!

This program for grades 1-4 will introduce the magic of theatre through games, skits, improv, make up, music, and costumes. Students will be introduced to theatre on a real stage. Shooting Stars gain experience to be part of the STAR program at grade 5. Monday - Thursday.

Date Aug 1-4 & August 8-11 **Time** 9:30am-2:30 **Location** AES Cafeteria **Instructor** Jackie Foss
Rate: \$220 ****Maximum 20 participants**

The Art of Babysitting with Mrs. Furlong Monday - Thursday

This is a 4-day, 8 hour course for kids grades 5-8 interested in learning the proper etiquette for babysitting & earning a certificate!

Date July 18-21 **Time** 9am-11 **Location** AHS Rm 137 **Rate:** \$55

Colorful Kids Art Experience

Monday - Friday

A creative and fun-filled week for kids to explore art using many different materials and media such as paint, pastel, collage, print making, paper Mache, and clay sculpture. Bring your imagination!

Date July 25-29 **Time** 9am-12 **Location** 14 Cedar St.#107

Instructor: Renee Schneider

Rate: \$135

****Max 12 participants**

Chef's Club with Mrs. Furlong Grades 5-8 Monday - Thursday

Learn basic measuring, mixing, and cooking skills. You get to eat what you create! No prior cooking experience needed! Please bring \$10 on the first day for cooking supplies!

Date July 11-14 **Time** 9:30am-11 **Location** AHS Rm 135 **Rate:** \$55 + \$10 to class for supplies

Beginning Sewing with Mrs. Furlong Monday - Thursday

Learn to sew on a button and make a tote bag! Grades 5-8! All materials provided, you keep what you create! No prior skills needed!

Date July 11-14 **Time** 12-2pm **Location** AHS Rm 137 **Rate:** \$55

Keys for Kids **and parents, too! Monday - Friday

Group piano lessons are fun!

Help kids discover the world of music through piano, movement, singing, and more. This program develops well-rounded musicians who understand music and enjoy performing. A keyboard is provided. **Parent participation encouraged.

www.aliapiano.com

Program **Date** **Time** **Location**
Mini Keys Aug 15-19 4-5p Senior Center in
(Ages 4-5) Transportation Ctr.
Kinder Keys Aug 15-19 5-6p 68 Elm St. off
(Ages 6-8) Railroad Ave.

Instructor: Alia Mavroforos aliamusic@mail.com

Rate: \$80

****Max 12 participants**

Ukulele with The Musical Suite

Ukulele's provided. Monday - Friday

This is a great class for Ukulele beginners. Students will learn how to play basic chords, as well as sing and play at the same time. This is a great way to gain a basic understanding of the instrument. *No experience necessary.

www.themusicalsuite.com

Program **Date** **Time** **Location**
Grades 2-5 July 18-22 10am-10:30 CES Little
Grades 6-8 July 18-22 10:45am-11:15 Theatre
Grades 9-12 July 18-22 11:30am-12

Instructor: Adam Mendonca

Rate: \$80

****Minimum 5 Maximum 8 participants**

Science and Engineering



Play-Well TEKnologies with LEGOs! www.play-well.org

Ninjabo Engineering using LEGOS Ages 5-6 Tuesday - Friday

Enter the world of Ninjabo and become an apprentice Ninjaboer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun LEGO projects with the guidance of an experienced Play-Well instructor while exploring the fantasy world of Ninjabo. *All provided LEGOs are the property of Play-Well - participants may not bring LEGO creations home.*

Date	Time	Location	Rate: \$145
July 5-8	9am-12	Basement All Saints Anglican Church 67 Friend St.	

Play-Well TEKnologies with LEGOs!

Ninjabo Masters Engineering using LEGOS

Ages 7-11 Tuesday - Friday

Master the world of Ninjabo by becoming a Ninjaboer! Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress, and hone your Spinjitzu battle skills! In this advanced LEGO program, Ninjaboing masters will learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Ninjabo. *All provided LEGOs are the property of Play-Well - participants may not bring their LEGO creations home.*

Date	Time	Location	Rate: \$145
July 5-8	1-4pm	Basement All Saints Anglican Church 67 Friend St.	



Register for **BOTH** Sciensational workshops or **BOTH** LEGO workshops and pack a **peanut free** lunch all week for a supervised lunch!



Sciensational Workshops for Kids Inc. www.sciensational.net

Chemical Magic—Magical Microscopes—Rocks and Minerals Monday - Friday

Ages 7-12

Learn to make batteries from fruits and potatoes. Make a fantastic crystal tree. Work with invisible ink and our powerful magnets. Use our microscopes. Learn about different types of rocks and minerals from our collection. Be a chemical detective! Make dirty pennies turn clean and clean pennies turn green. Hands-on science is the best way to learn. Do it the Sciensational way!

Date	Time	Location	Rate: \$150
Aug 8-12	9am-12	Basement All Saints Anglican Church 67 Friend St.	



Sciensational Workshops for Kids Inc.

Rubber Powered Model Airplanes and Bridge Building Monday - Friday

Ages 7-12

Build your own rubber powered model airplane. Use your model as a learning tool in aerospace education, or just have fun building an airplane that actually flies! Have fun designing and building model bridges. Can your bridge hold the most weight? Build 6 electronic projects like a siren, an alarm, and a Morse code transmitter. Learn engineering skills and get ready to "Fly with Sciensational Workshops"!

Date	Time	Location	Rate: \$150
Aug 8-12	12:45-3:45p	Basement All Saints Anglican Church 67 Friend St.	

Wicked Cool For Kids



Wicked Cool Med School wickedcoolforkids.com

Grades 1-5 Monday - Thursday

Is there a doctor in the house? Future doctors will follow the progress of their own "patient" all week as we journey into the inner workings of the human body. Keep medical charts and become anatomy specialists while learning the body systems. We'll create model organs like big bones, moving joints, and working lungs for our patient. In this class, we will learn to use a stethoscope, how to take vitals signs, and how to incorporate healthy habits into our lives to keep in tip top shape! Monday - Thursday.

Date	Time	Location	Rate: \$240
July 11-14	9-4pm	Basement All Saints Anglican Church 67 Friend St.	

Programs on

Swimming Lessons, Fishing, Paddle boarding, Sailing Instruction and Plum Island Kayak Rentals round out a fantastic summer on the water at Lake Gardner!

Swim Instruction at Lake Gardner

Two week sessions of 6 classes begins on July 12 ending July 21. Each class is 30 minutes in length. All equipment (goggles, flotation) will be provided! Come learn to swim or improve your swimming at Lake Gardner with your friends!

Week 1: T,W,Th July 12-15 &

Week 2: T,W,Th July 19-21

Beginners:

Nervous, little/no experience, needs constant support.

ages 4-6 3-3:30pm

ages 7-10 3:30-4pm

*two instructors

Intermediate:

Previous lesson experience, comfortable underwater, floats independently, beginner stroke (doggie paddle).

ages 4-6 4-4:30pm

*two instructors

ages 7-10 4:30-5pm

*one instructor

Advanced:

Knows basic strokes of front and back crawl, ready for more advanced swimming.

ages 7-10 4:30-5pm

*one instructor

*All swimmers will be assessed on their first day of lessons.

Rate: \$75

***Max 4 swimmers per instructor**

2 instructors—8 swimmers/class

1 instructor—4 swimmers/class

splashwithdawn@gmail.com

Stand Up Paddle Board

Ages 10-14 Monday - Friday

This fast growing sport is a fun and unique way to play in the water. Paddle boarding offers a great full body workout and feels like you're walking on water!

Participants must pass a swim test and lifejackets are to be worn at all times. Equipment is supplied!

Date	Time	Location
July 25-29	9am-10 10am-11 11am-12	Lake Gardner

Instructor: Jeffrey Morrison **Rate:** \$60/session

****Max 5 participants per class**

Fishing Program Rain or Shine!

Instructor Earl Pacella has over 30 years of fishing experience and knows the local fishing holes inside and out! Participants will learn the basics of fishing, catch and release, hooking bait, and more. This course will begin at **Lake Gardner** and may change locations to other great fishing spots. Please bring your own fishing rod! Call ahead if you need to borrow a rod.

Session 1 ages 9-14

Date	Time	Location
July 5-8 T-F	9am-12	Lake Gardner Parking Lot (80 High St.)

Rate: \$75

Session 2 ages 6-8

Date	Time	Location
July 11-15 M-F	9am-12	Lake Gardner Parking Lot (80 High St.)

Rate: \$90

****Maximum 6-10 participants**

Want to spend more time on the water this summer?

Plum Island Kayak will be renting single and tandem kayaks as well as Stand Up Paddle Boards at

Lake Gardner June 25-September 4 **Weekends Only!**

10am-5pm

Single Kayak: \$25 for 2 hours (\$10 each additional hour)

Double Kayak: \$35 for 2 hours (\$15 each additional hour)

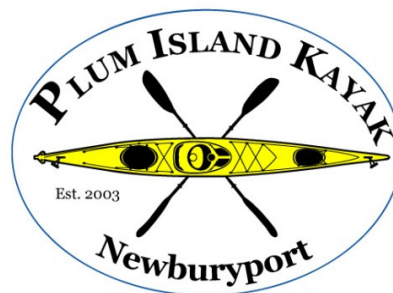
Stand Up Paddle Board: \$25 for 2 hours (\$10 each additional hour)

Plum Island Kayak

(978) 462-5510

Plumislandkayak.com

92 Merrimac St. Newburyport, MA



the Water

Youth Sailing and Water Safety



Learn to sail!

Rain or Shine! Grades 4-9 Monday - Thursday

In beginner sailing you will learn the fundamentals of basic sailing, water and boating safety, sailboat rigging, reading wind direction, knot tying, anchoring, charts & navigation skills, and seamanship skills! Starting from the Camp Kent Nature Center, we will use the strong wind at Lake Gardner to learn the techniques of sailing the Sunfish sailboat. Cool off after working hard on the boats with a swim at Lake Gardner Beach! (Please wear closed toed shoes, water shoes, or old sneakers.)

We offer four 1 week sessions:

Date	Time	Location	Instructor
July 11-14	9:30am-3:30	Drop off and pick up at	Captain Ed Casazza
July 18-21	9:30am-3:30	Battis Farm Parking Lot	www.captain-edcasazza.com
July 25-28	9:30am-3:30	76 South Hampton Rd.	
Aug 1-4	9:30am-3:30		

Rate: \$175/session

****Maximum 8 participants**

All participants **must** pass a swim test (75 yards, any stroke) with a lifejacket.
Lifejackets are to be worn at all times.





Camp Kent Nature Center



The Camp Kent Nature Center is an environmental center and 17 acre parcel of conservation land neighboring Battis Farm. Already in its 16th year, Camp Kent's environmental summer program offers a wide variety of activities designed to help participants explore their environment and challenge themselves in the natural world.

At Camp Kent no two weeks are exactly the same!

Grades 1 & 2

What to look forward to:

Ponding and insect collection, nature hikes, lean-to and shelter building, animal tracking, dory rides, make your own Lake Gardner Muck, live animal presentations, arts and crafts, field and wood games, hot dog cookout, and more....

*Last year, fairy houses were found at Camp and the previous year a treasure map from Amesbury pirates of long ago was found! Thanks to the due diligence of the first and second graders in deciphering the various nature clues left behind, they were able to find the lost treasure and all were sent home with booty! While it is unlikely that we would find pirate treasure or fairy houses again, you never know what will be discovered at Camp Kent...

Grades 3-7:

Nature hikes including up Powow Hill, kayaking, archery, Project Adventure low elements course, swimming at Lake Gardner beach, paddle boarding, live animal presentations, shelter building, cookouts and campfires, ponding and aquatic exploration, arts and crafts, field and wood games, visits from Wildlife specialists, and much, much more...

*This year will feature a new and exciting addition to Camp Kent. What is it? Think houses of the plains...

**This year will also have a separate group for the older and more advanced participants who will do activities on a more in-depth and age appropriate level.

Your child will receive the best of both worlds: an invaluable educational experience combined with summer time fun, all in a great outdoor setting!



Coming to Camp Kent

We offer six 1 week sessions: **NEW LONGER DAY!

Rain or shine! *Weeks 1,2,4,5,&6 are grades 3-7 only.

Date	Time	Location
July 5-8	9am-3	
July 11-14	9am-3	Drop off and pick up at
July 18-21 <small>Grades 1&2 ONLY</small>	9am-3	Battis Farm parking lot
July 25-28	9am-3	76 South Hampton Rd.
Aug 1-4	9am-3	
Aug 8-11	9am-3	

Rate: \$175/session

**Camp Kent has a 2 week max.
Check back in June to register
for additional weeks!**

More than summer...

Did you know that Camp Kent is not just a summer program for kids? It's a **year round** facility for the whole community! We are constantly improving the grounds and hosting activities and events for people of all ages. For more information on events before and after the summer season, give us a call!

Richard Knecht @ Camp Kent Environmental Center:
(978) 834-0359

campkent@amesburyma.gov

OR

Amesburyma.gov —> Youth Recreation

We're on facebook! Camp Kent Nature Center



Upcoming Events:

- Opening of large butterfly garden
- Hike and paddle event at Amesbury Days in partnership with L.G.I.A. and Amesbury Trails groups
- Star Party Friday evenings Fall and Winter
- Essex Heritage Weekend
- Trails and Sails event
- and much, much more!

A note from Nicole

Hi all!

I'm Nicole, the Assistant Director at Amesbury Youth Recreation. I'm so excited to spend my first summer in Amesbury with you at all of the programs that we offer! As we gear up for summer I am amazed by the enrichment programs and outdoor education opportunities offered all over the city and the offerings at Camp Kent are something that I cannot wait to be a part of! I know from all of the things I hear around that Camp Kent is a special place where kids can learn, play, and get to know the world around them. I'll see you there this summer!

Love from AYR,
Nicole



Parent Testimonials!

*My kids get so excited every year to go. This year they asked if they can go a second week. I highly recommend this camp.

*Camp Kent offers an environmental education that is creative and fun while building teamwork and a love of outside adventure. The entire staff are supportive, engaging, and very knowledgeable.

*After one season at Camp Kent Nature Center parents and kids are so excited to register for next summer!

TEEN TRIPS

We offer six 3 day sessions:

Sessions run Tuesday, Wednesday, Thursday

*Tues is wildcard stay and play day! Trips are Wed and Thurs.

Date

Trips

July 5,6,7	Altitude Trampoline Park & Pawtuckaway
July 12,13,14	Water Country & Castle Island/ Fort Independence
July 19,20,21	Funtagious & Aquaboggin
July 26,27,28	Portland Sea Dogs & Hampton Water Slide
Aug 2,3,4	Codzilla/Faneuil Hall & Bowling
Aug 9,10,11	Canobie Lake Park & Singing Beach

Rate:

\$130/session

This includes the trip price! ****Register early to save your spot!**

Welcome back to Summer, Middle Schoolers!

Spend vacation with us on field trips, playing sports, enjoying games, music, and tons of fun. Each week features new activities, scavenger hunts, and Wednesday and Thursday trips around MA, NH, and ME! Tuesdays will be days full of sports, games, scavenger hunts, tournaments, art...a little bit of everything! Take a look at what we have to offer this summer. Once you're registered we'll send you more details on your specific sessions.

****For ages 11-14. Must be 11 by July 1, 2016**

Drop off and Pick up:

All sessions run 9:30am-3:30pm.

Drop off and pick up are at Amesbury Middle School
Please use the rear entrance off Rt. 110.

CIT Program

What is a CIT?

CIT stands for Counselor In Training. This is an un-paid volunteer position for ages 14+ that provides participants with valuable skills, self confidence, and community service hours that can be used towards their graduation! As a CIT you will assist staff in Summer Recreation programs and take on more responsibility as you prove your ability to support and implement age appropriate creative activities, serve as a positive role model for kids, and assist with all other counselor duties, including upkeep of areas and equipment.

CIT Schedule

All CITs work on a 2 week schedule. If your performance exceeds our expectations, you may be asked to work additional weeks for added service hours.

Mandatory trainings:

June 27 — 9:30-11:30 @ Town Hall

June 28 — 1-3pm @ Town Park

June 30 — 9:30am-1:30 @ Town Park

June 30 is Kids day in the Park!



Applications DUE by May 1st 2016!

Check out the back cover of this catalog for a letter from a former CIT who is now a staff counselor!

All materials for CIT candidates are due to the Rec. Office by **May 1st**.

Interviews will be conducted by program supervisors after applications are reviewed. Include the following documents with your CIT package:

- CIT Application
- \$10 for CIT t-shirt
- Photo ID
- CORI form
- One letter of reference (even if you provided one last year!)

*if you are not selected for a position, your \$10 will be refunded to you.

Application documents available at amesburyma.gov — Interviews will be held in May.

SPORTS

With all of the sports programs we offer, you're going to find something you'll love this summer!

Golf @ Apple Hill-East Kingston, NH

Monday - Thursday

Apple Hill Golf Club is the best place to learn this great game. You'll play with a PGA professional and practice grip, stance, swing, putting, driving, and more! Youth clubs will be provided.

	Date	Time
Age 5-7	July 11-14	1-2:30pm
Age 8-14	July 18-21	1-2:30pm

Rain date is Friday of session week

Instructor: Pro. Steve Lundquist

Rate: \$70

***Min 5, Max 10**
www.applehillgolf.com



Fencing with 3MB ages 7+ www.3mb.org

It's fast, it's fun, it's an Olympic Sport!

Monday - Friday

Instructor Jack Mullarkey has over 50 years of experience fencing and is a 2 time junior Olympian! 3MB was started in 2000 and Jack is currently the Fencing Coach at Gordon College. Learn basic footwork, hand-work, offensive and defensive skills for all levels. *Please wear loose pants and a light top. Wear sneakers and bring a lightweight glove (gardening glove) for holding the foil. **NO SHORTS OR SANDALS, PLEASE!**

Date	Time	Location	Rate: \$150
Aug 1-5	1-2:30pm	CES Gym	

Instructor: Jack Mullarkey ***Min 5, Max 10**

Run 4 Fun Cross Country

Grades 3-8 Monday - Friday

This 2 week running program with Coach Riley will introduce the sport and teach kids how to stay healthy through running. We promote self-esteem, confidence, self improvement and teamwork while letting kids have fun at creating a running habit for the rest of their lives!

Date	Time	Location	Rate: \$55
July 11-22	9am-10:30	Woodsom Farm Sledding Side	



Let's Dance!

Ages 5-8 & 9-12 Monday - Thursday

The goal of this class is to introduce students to dance in a fun and active environment. During this two-week (four days per week) session, students will explore two styles of dance; ballet and jazz, which are the beginning of all dance. In the ballet portion, students will learn ballet position and work at the barre, followed by progressions across the floor, center work, and combinations through creative movement, music, and song. Jazz class will allow students to learn fundamental jazz steps and movement combinations, emphasizing on rhythm and musicality. Students will explore various genres of jazz such as modern and hip hop. A short performance will be held on the last day. Please wear comfy clothes and socks. No jeans or jean shorts should be worn.

Date	Time	Location	Rate: \$125
July 11-14 & July 18-21	9am-10:30	Joyce Dance Studio 216 Main St.	

Instructors: Joyce Dance Studio Staff Amesbury, MA joycedancestudios.com

Intramural Team Tennis

Ages 8-14 Tuesdays & Thursdays

All teams are co-ed and matches will consist of boys & girls singles, doubles, and mixed. Matches will be intrasquad

Date Tuesday/Thursday July 6-Aug 4

Time 3-5pm

Location: High School Tennis Courts

Coach: Brett Manoloff

Rate: \$100

Tennis Instruction with Coach Brett Manoloff

amesburygirlstennis.org Monday - Friday

All levels welcome! Balls and racquets provided.

	Date	Time
Grades 1-3	July 18-22	8:30am-10
Grades 4-6	July 18-22	10am-11:30
Grades 7-11	July 18-22	11:30am-1pm

Location: High School Tennis Courts

Rate: \$60 per session

First Play Beginner's Lacrosse

Ages 6-12 Monday - Friday

US Sports Institute's curriculum ensures players will have great fun learning this exhilarating, fast paced game. All participants will learn the fundamentals of the sport including stick handling, passing, scooping, dodging, and shooting as well as many other key techniques. **No experience required!** Participants are grouped by age and ability. We will provide all equipment for this class, bring your own if you'd like to!

Date	Time	Location	Rate: \$109
Aug 15-19	4-5:30pm	Woodsom Farm Soccer Fields	

Total Play Multisports

Ages 7-12 Monday - Friday

*Annual physical/immunization records are required for this US Sports institute program.
Forms must be on file with AYR 2 weeks prior to the start of the program.

Experience over 16 different sports from around the world including soccer, basketball, lacrosse, volleyball, disc golf, cricket, floor hockey and many more at this program. All activities take place in an atmosphere promoting good sportsmanship, teamwork, and fun! Players receive technical instruction, have the chance to experience the sport in a realistic situation, and participate in the exciting USSI World Cup Competition!

Date	Time	Location	Rate: \$149
Aug 15-19	9am-1	Woodsom Farm Soccer Fields	

Sports Squirts

Ages 3-6 Monday - Friday

The Total Sports Squirts program introduces children to a variety of sports such as soccer, basketball, lacrosse, hockey, and T-Ball. All classes take place in a safe, structured environment which encourages learning and skill development. Games and drills are designed to capture each child's imagination. Whether it is trying to find Nemo, sending Shrek into a spin or capturing Jellyfish with Spongebob, there's fun to be had by all!

Date	Time	Location	Rate: \$95
Aug 15-19	2-3pm	Woodsom Farm	

Basketball Grades 2-9 Monday - Thursday

Coach John Daileanes has 27 years of experience in running Bball programs for all ages. Develop fundamental skills in the game with area coaches. Players will play 2 games daily. Everyone gets a clinic T-shirt. You'll learn: **5 on 5; 3 on 3; 1 on 1 games, Basic Offensive Movement, Ball Handling, Moves and Drills, Shooting Technique, and competitions Player of the Day Award/ Final Day Awards Ceremony On the ball/off the ball defense Two games each day Cutting/ Screening Offense/Defense v. screen & roll... and more!**

Date	Time	Location	Rate: \$110
June 27-30	Boys 9-11:30 Girls 12-2:30	AMS Gym	

Archery

Grades 4+ Tuesdays & Thursdays

Pick up a bow for the first time **or** refresh your archery skills! Participants will learn archery safety, equipment, and shooting fundamentals with recurve bows. Participants will learn techniques from a certified instructor in a beautiful outdoor setting.

*Lessons are Tuesday/Thursday for three weeks.

Date	Time	Location	Rate: \$65
July 19,21,26,28	4:30-6p	Camp Kent Battis Farm lot	
August 2, 4			

Instructor: Jon Ellen ***Maximum 12 participants**

Giddy Up Farm Horseback Riding www.giddyupfarm.com

Monday - Thursday

Come to Giddy Up Farm in South Hampton for amazing horseback riding instruction. Students will learn to feed and care for horses, grooming, tack, and of course riding! Giddy Up Farm also has an indoor arena to deal with any inclement weather. Each camper will receive a cooked "cowboy breakfast" on Thursday, the last day of the program. Ratio is 1 staff to 3 kids. Ages 6+.



Date	Time	Location	Rate: \$195
June 27-30	8am-2:30	80 Hilldale Ave	
July 11-14	8am-2:30	South Hampton, NH	
July 25-28	8am-2:30		
Aug 8-11	8am-2:30		
Aug 22-25	8am-2:30		

***Minimum 6, Maximum 12 participants**

*Liability release forms are available online and need to be returned to Rec office on or before June 13 in order to participate.
Forms will **not** be available on the first day of program.

(978) 302-6107
lmjohnson346@gmail.com

Knucklebones

knucklebones.us

Martial Arts

Ages 4-6 Monday - Friday

This program is a great way to develop self discipline, confidence, and coordination. The program will focus on introductory martial arts skills, proper stance, and breathing as well as increasing strength, agility, and flexibility. Through direct instruction and activities that inspire hand/eye coordination, concentration, balance, and fun, this class will motivate all participants. *No experience required!

***Min. 6, Maximum 10**

Date	Time	Location	Rate:
July 25-29	9am-10	CES Gym	\$75

T-Ball + Micro T-Ball

Ages 2-6 Monday - Thursday

T-Ball and Micro-T-Ball will engage both families and their toddlers in learning how to play like the big leaguers! Each class brings steady progression of t-ball skills and game play. We practice with t-stands, underhand pitching, and fielding skills. On the last day it's the kids versus the adults in a game for bragging rights! *Min. 6, Maximum 10

	Date	Time	Location	Rate:
Ages 2-3	July 11-14	9am-9:45	Town Park	\$75
Ages 4-6	July 11-14	10am-11	Little League Field	

Gymnastics

Ages 2-6 Monday - Friday

This program offers a unique twist for your beginning gymnast. Using age appropriate equipment and fun techniques, your child will gain creative and rhythmic movement, flexibility, fundamental gymnastic and gross motor skills. Exploring various apparatus including beam, high bar, rings, mats, mat shapes (cylinder, wedges, humps, etc.), spring board, and trampolines along with unique products such as Gonge balance sets, polyspots, and Action, your child will progress with introductory skills while having fun! Knucklebones prides itself on engaging children through cooperative play in a carefully designed circuit of gymnastic activities!

***Min. 6, Maximum 10**

	Date	Time	Location	Rate:
Ages 2-3	July 25-29	9am-9:45	AES Gym	
Ages 4-6	July 25-29	10am-11	AES Gym	\$80

Micro Athletics

Ages 2-6 Tuesday - Friday

Knucklebones has designed a program to enhance gross motor skills, athletic fundamentals, physical exercise, creative movement, and fun! Each class your child will play different skill enhancing athletic activities and games. From learning to kick using RhinoSkin balls to practicing throwing playing Messy Backyard and much more, we make sure that your child is active and having fun while developing a passion for play that will stay with them! The entire program is supported using a plethora of unique and age appropriate equipment. Sneakers are required!

***Min. 6, Maximum 10**

	Date	Time	Location	Rate:
Ages 2-3	July 5-8	9am-9:45	AES Gym	\$75
Ages 4-6	July 5-8	10am-11		

Cheer and Tumble Class

Grades 1-5 Monday - Thursday

Come join the staff and athletes of All That Cheer and Tumble for a fun and exciting week of cheer and tumble! Our USASF certified, award winning instructors will train the fundamentals of both cheering and tumbling and will incorporate both into a mini routine at the end of the week. Our trained athletes will be on hand to provide hands on skill building in both tumbling and stunting. This is one clinic you will not want to miss!

Date	Time	Location	Rate:
July 11-14	9am-12	CES Gym	\$100

Instructors: All That Cheer and Tumble Staff

MA Sports Leagues



A note from MA Sports Leagues:

Monday - Friday

Your kids will have so much fun in this summer program with all of our activities!

With all the Fan Favorites from bubble soccer to wiffle ball, they will be begging for more! It's really a perfect activity for summer fun, in a safe, monitored environment!

MA sports league has 5 star reviews on Yelp! And they're so excited to be sharing Bubble Soccer with Amesbury this summer! Check out the calendar below for daily schedules and sport-specific dates.

Ages: 7-14 (broken up by age groups)

Dates: July 11-15

Time: 9-12, M-F

Location: Woodsom farm

Rate: \$149 per program



Bubble Soccer!

Fan Favorites Include:

Dodge ball, Wiffle ball, Flag Football, and the newly added Bubble Soccer!

Check out the sample schedule below to see a typical **Fan Favorite** day!

Amesbury Youth

Summer Sports Programs

JULY

M	Tu	W	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2016

July 11th (Winning teams get trophies)
 9:00-10:15am Flag Football Games 4x 4 (Ages 10 & up)
 9:00-10:15am Wiffle Ball Games 4x4 (Ages 11 & up)
 10:15-10:30am Snack/Water Break
 10:30-11:30am Wiffle Ball Games 4x4 (Ages 10 & up)
 10:30-11:45am Flag Football Games 4x4 (Ages 11 & up)

July 12th (Winning teams get trophies)
 9:00-10:15am Bubble Soccer Games 4x4 (Ages 10 & under)
 9:00-10:15am Dodge Ball Games (Ages 11 & up)
 10:15-10:30am Snack/Water Break
 10:30-11:30am Dodge Ball Games (Ages 10 & under)
 10:30-11:45am Bubble Soccer Games 4x4 (Ages 11 & up)

July 13th (Winning teams get trophies)
 9:00-10:15am Kickball Games (Ages 10 & under)
 9:00-10:15am Ultimate Frisbee Games (Ages 11 & up)
 10:15-10:30am Snack/Water Break
 10:30-11:45am Ultimate Frisbee (Ages 10 & under)
 10:30-11:45am Kickball Games (Ages 11 & up)

July 14th (Winning teams get trophies)
 9:00-10:15am Dodge-ball Games (Ages 10 & under)
 9:00-10:15am Wiffle Ball Games 4x4 (Ages 11 & up)
 10:15-10:30am Snack/Water Break
 10:30-11:45am Wiffle Ball Games 4x4 (Ages 10 & under)
 10:30-11:45am Dodge-ball Games 4x4 (Ages 11 & up)

July 15th (Winning teams get trophies)
 9:00-10:15am Kids Choice 4x4 (Ages 10 & under)
 9:00-10:15am Wiffle Ball Games 4x4 (Ages 11 & up)
 10:15-10:30am Snack/Water Break
 10:30-11:45am Kids Choice Games 4x4 (Ages 10 & under)
 10:30-11:45am Flag Football Games 4x4 (Ages 11 & up)
 11:45am Ice Cream Social

Seacoast United Admirals Tryouts

Amesbury is our home!

2008, 2007, 2006 & 2005 Birth Years | Week of June 6th

2005, 2004, 2003 & 2002 Birth Years | Week of June 13th

All players attending tryouts MUST register online at

seacoastunitedadmirals.com

Contact: Matthew Glode | 603-758-7118 | mglode@seacoastunited.com



seacoastunitedadmirals.com



Seacoast United Summer Soccer Clinic

Ages 4-6 Monday - Thursday

Our 90 minute Skills & Scrimmage program is perfect for any young player that isn't quite ready for a full 3 hour program. Our fantastic coaches utilize our most popular fun games & exercises to teach the basic skills & techniques needed to play. Lots of touches on the ball, use of imagination and scrimmage based exercises keep players moving & engaged. They'll have an amazing week preparing them for a successful fall program. The clinic will be held at the newly revamped Amesbury Sports Park which offers a field turf field, indoor bathrooms, restaurant & bar. If the weather is poor we are even able to move the program to our indoor turf field just next door! We'll see you this summer!! All players get a Nike ball and t-shirt!

Date	Time	Location	Rate: \$105
Aug 1-4	9am-10:30	Amesbury Sports Park 16 S. Hunt Rd.	

Seacoast United Summer Soccer Clinic

Ages 6-14 Monday - Thursday

Our half-day program focuses on a specific skill set each day such as dribbling, creativity, passing accuracy & decision making, finishing, etc. Our amazing local and international coaches create a fun learning environment built on sportsmanship, quality of play and love of the game. The clinic will be held at the newly revamped Amesbury Sports Park which offers a field turf field, indoor bathrooms, restaurant & bar. If the weather is poor we are even able to move the program to our indoor turf field just next door! We'll see you this summer!! All players get a Nike ball and t-shirt!

Date	Time	Location	Rate: \$125
Aug 1-4	9am-12	Amesbury Sports Park 16 S. Hunt Rd.	

Lil' Kickers 3 & 4 year old clinic Monday - Thursday

Seacoast United's youngest soccer program is often a player's first experience with the game and we don't take that lightly! Our coaches utilize fun games, fun challenges, plenty of touches on the ball and lots of imagination! Our program incorporates lots of balance & coordination exercises with and without the soccer ball to begin each player down the right athletic path. Since parent participation is required, we use lots of teamwork and soccer related terms to promote sportsmanship & quality of play. The clinic will be held at the newly revamped Amesbury Sports Park which offers a field turf field, indoor bathrooms, restaurant & bar. If the weather is poor we are even able to move the program to our indoor turf field just next door! We'll see you this summer!! All players get a Nike ball and t-shirt!

Date	Time	Location	Rate: \$85
Aug 1-4	11am-11:45	Amesbury Sports Park 16 S. Hunt Rd.	



Seacoast United Essex Youth Field Hockey Clinic

Elementary School Players (grades K-4)

Middle School Players (grades 5-7)

The Elementary and Middle School field player skills classes will teach the importance of the basics of field hockey and introduce more advanced skills in the game of field hockey. The field players are taught in separate groups according to their grade level. Throughout the 8-week program, each class will introduce a new fundamental skill. These skills will be reinforced through demonstration, repetition and drill progression. This program will focus on ball control, elimination skills, small-sided games and game tactics in scrimmaging situations. All Elementary and Middle School skills classes will meet once a week on Mondays at the Seacoast United Admirals Outdoor Facility, located at 16 S. Hunt Road, Amesbury, MA.

Date	Time	Location	Instructor Leah Boody	Rate: \$120
Monday June 20-Monday Aug 8	5:30-7pm	Amesbury Sports Park 16 S. Hunt Rd. Amesbury, MA		

** The first night of play is **free** for beginner field hockey players! If you enjoy night one, you can sign up for the rest of the clinic weeks on the second night. Sticks will be available for all beginner field hockey players!

Tear out this page to Register!

Not an Amesbury Resident? Not a problem! Out of town residents may apply to all programs! Beginning April 4, non-residents may register at a rate of \$10 extra per child, per program.

Registration Form (Mail-in or Walk-in) Town of Amesbury Summer Recreation Programs 2016

Parent 1 Full Name: _____ Phone: _____ Email: _____
 Address: _____ Town/Zip: _____ Work/Cell Phone: _____
 Parent 2 Full Name: _____ Phone: _____ Email: _____
 Address: _____ Town/Zip: _____ Work/Cell Phone: _____
 Emergency Contact: (Please list THREE in the order in which they should be contacted.)
 Name: _____ Phone: _____ Relation: _____
 Name: _____ Phone: _____ Relation: _____
 Name: _____ Phone: _____ Relation: _____
 Please indicate anyone who has permission to pick up your child (not listed above): _____

Any forms dropped off will be placed with that day's mail.

Please print Child's Info	Child 1 M or F	Child 2 M or F	Child 3 M or F
Full Name			
Date of Birth/Grade in Fall			
Allergies/epi pen use			
Special Needs/Concerns			
Check box for NO photos			

Participant's Name (please fill in above child info, also)	Age	Name of Program	Week # or Dates	For park program only Extended day (add \$60 per week)	Cost	Office Use only
						CASH
						CHECK
						CC
				Donation to scholarship fund to help families in need		
					Total Paid:	

****Please Make Check Payable to the "City of Amesbury"** and return form with payment to: Kathy Crowley, Recreation Director, 68 Elm St 2nd floor. All forms must be completed and paid in full to be processed.

**** Tadpole Park Program, Youth Park Program 5 and 6 year olds and 11 year olds for Teen Program must have copy of birth certificate.****

Participation in this sport /activity may involve risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. In consideration for participation in the program(s) listed above, I hereby for myself, my heirs, executors and administrators waive and release all rights and claims against the City of Amesbury, its officers, employees, agents, volunteers and supervisors, except in the case of sole negligence, from all losses, injury, damages, fees and other expenses, arising out of or in connection with participation in the activity. In addition, I give my permission for the agents, servants, employees, and officials to the City of Amesbury to use their sole discretion in seeking and providing treatment for the child(ren) by qualified medical personnel in the event that the above named parent/guardian cannot be reached at the phone numbers provided. I understand that refunds will not be available prior to 2 weeks of the start of the program.

PARENT OR GUARDIAN SIGNATURE _____ DATE _____

Amesbury Youth Recreation appreciates your understanding that any and all information printed in this publication is subject to change.

A Y R
Amesbury Youth Recreation
(978) 388-8137



Give the Gift of A Y R!

Know someone who'd love to be a part of one of our programs? Contact our office to purchase a gift certificate for summer programs and before and after school care credit. AYR gift certificates are a great way to share recreation with the youth in your life!

REGISTER EARLY!

We have so many programs for you to choose from, and many of them have maximum participation limits. We encourage you to register early to secure your spot.

Some programs require a minimum number of participants and will be cancelled if min. is not met.

Registration Information

How to register:

Register by mail, walk in, or drop off in office for all programs with official registration forms only. Forms can be found online or tear out page 18 of this catalog. Incomplete forms will be returned. Walk-in registrations will be processed with the day's mail.

We will notify you if you have been placed on a wait list for any program. You are registered unless we contact you!

Mail all required materials to:

Amesbury Recreation/Kathy Crowley
68 Elm St. 2nd Floor
Amesbury, MA 01939
8am-4pm M-Th
8am-Noon Fridays

We are not responsible for lost or misdirected mail.

Rain Policy and Location Changes:

Check on your program by calling after 7:30am
Tadpole & Youth Park Programs-978.479.1480
Teen Program-978.375.5313

*Check with instructor for specialty program policies and make up days.

Please respect all age requirements

Violation of these standards will result in automatic termination without refund.

Payment of rates:

After completing registration forms, you may pay by check payable to City of Amesbury or online at the City Website. You are not considered registered until payment & registration form is received. Non-Amesbury residents owe additional \$10 per child per program.

Refunds are subject to \$10 processing fee. Full refunds given only when a class is cancelled due to low enrollment or if a class is full.

*Refunds not available after 6/20.

*No refunds given for behavior related termination.

*Weather cancellation does not permit a refund unless more than 25% of program is compromised and no make-up date is offered.

*Refunds take 3-4 weeks and will be mailed to you.

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Community and Social Services

Youth Recreation

City of Amesbury

68 Elm St./2nd floor

Amesbury, MA 01913

US Postage

Residential Customer

Amesbury, MA 01913

Don't miss out on the school year programs offered by

Amesbury Recreation

Elementary Before and After School Programs (grades 1-4)

Held at the Amesbury Elementary School and at Cashman Elementary School

Monday- Friday 7-8:30 am and 3 pm – 6 pm through the school year

Program offers snack, homework assistance and reading rewards programs, sports, arts and crafts, games, and more!

Middle School After School Adventure

Program (grades 5 & 6)

Held at the Amesbury Middle School from 2:30-5:30, Mon.-Friday

Program offers homework assistance, sports, arts, field trips, off grounds activities such as swimming, kayaking, golf, archery, cooking and more.

Tennis (grades 5-8)

Middle school boys and girls tennis beginner through advanced levels. September—November.

Camp Kent Nature Center— campkent@amesburyma.gov

- Year Round Family Programs- Call Camp Kent (978-834-0359) to find out about live animal and educational programs or go to City website at www.amesburyma.gov and look under Youth Recreation, Camp Kent. Also *LIKE* us on Facebook at Camp Kent Environmental Center.

- Summer Environmental Program (grades 1-8)
- Low elements Project Adventure Course
- Kayaking, Sailing, Rowing, Archery, Camping
- Bird watching

Counselor In Training Program

- Youth ages 14 and up can be a part of City's Elementary After School programs or summer programs.
- Be a role model, help with homework, play sports or games, learn valuable skills which may lead to a great paying job, earn work experience and **Earn Community Service Hours.**

-From Counselor in Training to Staff Counselor-

Ray's Advice!

"My name is Ray and I was a counselor in training at the Park Program in Amesbury for two years before I became an actual counselor for the first time last summer. I would say that all the weeks that I spent at the park were certainly beneficial to both me, and the kids attending the program. The years I spent helping out at the park not only helped me to get a full time position at the program, but also taught me many things about how to teach and interact with children. So don't think of being a CIT as just a way of getting easy community service hours, think of it as a learning experience. My advice to anyone who is interested in becoming a CIT at any of the programs in Amesbury is to just have fun with it and enjoy your time there, I know that I did."